

# LYNN COUNCIL ON AGING SENIOR CENTER



**May  
2015**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

May I say? It is May!  
As I live each day  
May I do my part  
To make a difference  
And touch one heart.  
Each day I live,  
It's my goal to bring  
smiles and laughter  
Into another's soul.



Get out in the good weather! Come down and see us. Don't be shy. Bring your suggestions and ideas for the summer months. Mark your calendars ahead..... July 1<sup>st</sup> Cookout!

*~Stacey Minchello*

## From Your Mayor

I hope you are enjoying the warmer weather, at long last. It is wonderful to see the flowers blooming after such a long winter.

This month, we have a full lineup of musical performances and events at the Lynn Auditorium, starting with Pat Benatar and Neil Giraldo on May 3. Improve icons Colin Mochrie and Brad Sherwood will return to the stage on May 29. Also stay tuned for \$3 movie nights. For tickets to all events, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

The Lynn Museum & Historical Society will be hosting its annual meeting on May 6. The general public is invited to come for the meeting and stay for a behind-the-scenes tour with Assistant Director Abby Battis as she guides you through the galleries and exhibits. She will also unveil some of the museum's hidden gems that are not on view. Admission is \$5. The museum will also host an event on May 13 with Dr. Chaim Rosenberg examining the rise and decline of the industrial revolution in Massachusetts and in particular, cities like Lynn. Reserve your spot at the table by phone 781-581-6200 or email [office@lynnmuseum.org](mailto:office@lynnmuseum.org).

Later this month, we will commemorate Memorial Day and my thoughts are with all of you who have lost loved ones who have given their lives for our country.

Finally, I wish all mothers and grandmothers a very happy Mother's Day. May you enjoy the day with your families.

Best wishes,  
Mayor Judith Flanagan Kennedy



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**Lynn Council on Aging Senior Center**

**Publication funded by:**

Executive Office of Elder Affairs & City of Lynn

**Meet the Staff:**

Stacey Minchello  
 Director 781-599-0110 ext. 503  
 Rosa Paulino-Diaz  
 Assistant 781-599-0110 ext. 625  
 Kristi Harris  
 Assistant 781-599-0110 ext. 618

**Hours of Operation:**

Monday thru Friday  
 8 a.m. to 4 p.m.

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 Thursday  
 monthly at 10 am

**New law in Massachusetts**

**Wipers on, headlights on!**

*Headlights to also be used 30 minutes before sunrise, sunset*

A new Massachusetts law will soon requires drivers to turn headlights on when the vehicle's windshield wipers are needed.

The law, starting April 7th, also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is less than 500 feet.

Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surcharge able traffic violation, which may result in increased insurance premiums.

## MAY HAPPENINGS

Trip sign-ups begin, Monday, April 27th

- |  |   |                   |                                |
|--|---|-------------------|--------------------------------|
| <b>Tues, May 5</b>   | <b>Hearing Clinic</b>   | <b>Quiet room</b> | <b>10:00 am – 11:00 am</b>     |
| Tues, May 5  | Birthday Karaoke  |                   | 11:30 a.m. – 1:00 p.m.         |
| <b>Weds, May 6</b>   | <b>Lunch Trip: Friendly's Saugus</b>  | <b>\$2</b>        | <b>10: 30 am – 1:30 pm</b>     |
| <b>Thurs, May 7</b>  | <b>Mother's Day Special</b><br><b>Chicken</b><br><b>Picatta, Garlic Mashed, Broccoli</b>        |                   |                                |
| <b>Live Entertainment!!</b>  | <b>Denise Doucette</b>  |                   | <b>12:30 p.m. - 1:30 p.m.</b>  |
| <b>SPONSORED BY THE Lynn Cultural Council and</b><br><b>the Friends of the Lynn Council on Aging</b> |   |                   |                                |
| Mon, May 11  | Game Room: "Are You Smarter than a Fifth Grader?"   |                   | 9:30 am                        |
| Tues, May 12   | <b>Blood Sugar <u>AND</u> Blood Pressure Clinic</b>   |                   | 8:00 a.m. – 9:30 a.m.          |
| Tues, May 14   | <b>Lunch Trip: Seaport Grille, Gloucester</b>   | <b>\$2</b>        | <b>9:30 am – 2pm</b>           |
| Fri, May 15  | <b>BROWN BAG: BOSTON FOOD BANK</b>  |                   | <b>10:00 a.m. – 12:00 p.m.</b> |
| Fri, May 15  | Portraits by Irene 15 min appointments  | Quiet room        | 12 pm – 2 pm                   |
| Mon, May 18  | <b>Women's Group Meeting</b>  |                   | <b>10 am – 11 am</b>           |
| Tues, May 19   | <b>Shopping/Lunch Trip:</b><br><b>Wal Mart, Saugus /lunch MacDonald's \$2</b>                   |                   |                                |
|  |   |                   | <b>11 am – 1:30 pm</b>         |
| <b>Weds, May 20</b>  | <b>Mass Sr Action Meeting</b>   |                   | <b>10:30 am</b>                |
|  | <b>Wall Plaza bus leaves center 9 am</b>  |                   |                                |
| <b>Weds, May 20</b>  | <b>Look for the Simmons College Nursing Students</b><br><b>Walking group and Chair Exercise</b> |                   |                                |
| Thurs, May 21  | Podiatry Appointments   |                   | 10:00 am – 12:00 p.m.          |
| Thurs, May 21  | Kindness Matters- Nursing Home Visits   |                   | 9:30 a.m. – 2:30 pm            |
| Mon, May 25  | <b>Memorial Day</b>   |                   | <b>Center is closed</b>        |
| Thurs, May 28  | <b>FRIENDS of Lynn Council on Aging Meeting</b>   |                   | <b>10 am</b>                   |

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# MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Requested Donation \$2.00	HAPPY MOTHER'S DAY!		MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 Beef stew Rye bread Mandarin oranges ALTERNATIVE Caribbean chicken
4 Roast turkey florentine Roasted potatoes California blend veg. WW bread Vanilla pudding ALTERNATIVE Eggplant parm/tomato	5 Meatballs/marinara sauce Pasta Garden salad/dressing Fresh banana Snack loaf ALTERNATIVE Tilapia/tomatilla salsa, Cilantro lime rice	6 Roast pork/gravy Mashed sweet potato Capri blend veg. Rye bread Chilled pears ALTERNATIVE Turkey/creole sauce, Sweet potatoes	7 MOTHER'S DAY SPECIAL Chicken picatta Garlic mashed potato- Broccoli Whole wheat roll / Pie	8 Salmon/dill sauce Yellow rice Green beans Applesauce WW bread ALTERNATIVE Stuffed rigatoni/ tomato sauce
11 Cheeseburger/roll Seasoned potato wedges Mixed veg. Chilled pears ALTERNATIVE Cerdo asado(pork)	12 Roast turkey/gravy Mashed potatoes Caprese salad/ vinaigrette WW bread Fresh banana ALTERNATIVE WW macaroni & cheese	13 Cheese tortellini/ meat sauce WW roll Broccoli Chocolate pudding ALTERNATIVE Arroz con pollo(chicken)	14 Lemon pepper pork- Black eyed peas & brown rice Café spinach salad WW bread Brownie ALTERNATIVE Caribbean beef,yucca	15 Rosemary chicken Red potatoes Green peas Rye bread Peaches ALTERNATIVE Cheese lasagna
18 New England style cod Sweet potato wedges Italian blend vegetables WW bread Pudding ALTERNATIVE Egg & cheese sandwich	19 Boeuf Bourguignon White rice Caesar salad/parm. cheese Fresh banana WW bread ALTERNATIVE	20 Turkey/mushroom sauce Mashed potatoes California blend veg. WW bread Cookie ALTERNATIVE Salmao brasileiro(salmon)	21 Chicken and broccoli alfredo Pasta Greek salad/dressing Italian bread /Pineapple ALTERNATIVE WW baked pasta/ tomato sauce	22 BBq pulled pork Rice and beans Spinach Muffin Mandarin oranges ALTERNATIVE Sancocho(chicken stew)
25 MEMORIAL DAY HOLIDAY NO MEAL SERVICE	26 Baked white fish Mashed sweet potatoes Café spinach salad WW bread Applesauce ALTERNATIVE Stewed beef,	27 American chop suey Green peas WW roll Cake ALTERNATIVE Cumin roasted pork,plantains	28 Turkey chili / White rice Garden salad/dressing WW bread Tapioca pudding ALTERNATIVE Arroz con carnitas(beef)	29 Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Braised chicken

# SENIOR CENTER ACTIVITIES • MAY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 FREE DANCE LESSONS
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:15-12:15 COMPUTER CLASS #2
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER		1:00-2:45 BINGO
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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**CASINO TRIPS**

Departs from Lynn  
 Senior Center

**Foxwoods \$28**

7 am - 6:30 pm

Tuesdays: May 12, June 9,  
 Aug. 11, Oct. 13 & Nov. 10

**Sign up early!!**

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:  
 \$10 food coupon for retail food vendors  
 or free buffet  
 Plus \$10 bonus slot play added to your  
 rewards card on the bus before entering casino.  
 Remember to bring your rewards card!*



Casino Trips from Revere

**Mohegan Sun \$27 plus tip**

10 am depart Revere 6:30pm depart casino

May 12 & 26,  
 Jun 9 & 23

**Twin River \$27 plus tip**

10 am depart Revere  
 6:30pm depart casino

May 7 & 21,  
 Jun 11 & 25



Casino Trips from **REVERE!**

**Now Express!! Straight run -  
 no stops!**

**Call Elaine at 781-289-6144 for res-  
 ervation, questions, and pick up  
 location/parking.**

**MOVIES...every Wednesday @ 1:00 p.m.**

**Free Popcorn and Soda  
 Wide Screen Plasma Home Theatre System**

May 6 <sup>th</sup>	Maleficent	PG-13	2014	97 mins
May 13 <sup>th</sup>	Pride and Prejudice	PG	1940	118 mins
May 20 <sup>th</sup>	The Butler	PG-13	2013	113 mins
May 27 <sup>th</sup>	St. Vincent	PG-13	2014	102 mins



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

**We regret to inform you that we actively recruiting new computer instructors and will keep you posted as to when the next round of classes will start.**

## The Silent Call Procedure

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch tone wireline telephone or a cell phone:

**FIRST DIAL 9-1-1**

**Once the call is answered**, indicate your need by pressing the appropriate number on your telephone.

**IF YOU NEED POLICE**

**PRESS 1**

**IF YOU NEED FIRE**

**PRESS 2**

**IF YOU NEED AN AMBULANCE**

**PRESS 3**

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

**PRESS 4 FOR YES**

**PRESS 5 FOR NO**

## The Kiosk for Living Well

Visit the Great Wall of China at the Kiosk for Living Well!

Want to try something different? Every Monday and Thursday at the Kiosk for Living Well we're ready to challenge your senses! There are hundreds of programs to sample which require no computer knowledge. You could try out the flight simulator, take a bike ride through the Redwood Forest, or test your musical memory with songs from decades past. Whatever you do at The Kiosk we know it will be fun!

**Brenda the Million Hearts nurse can meet with Kiosk visitors on Tuesday June 12th and Thursday June 28th from 9:30 -11:30 am. Sylvia, our MoveSafe Counselor will lead groups or individuals through fall prevention techniques on Thursday May 7th from 9:00am to Noon.**

***Come to the Kiosk! It's open very Tuesday and Thursday from 10:00 – Noon. Supervised Kiosk exercise classes also take place on Tuesdays and Wednesdays from 12:30 to 1:30.***



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## Wellness Watch May 2015

It is estimated that in the year 2020, over 50 million U.S. adults will be over the age of 65. The month of May is Older Americans Month, and this year the Administration for Community Living (ACL) has created the theme, "Get into the Act." In July, 1965 President Lyndon B. Johnson signed the Older Americans Act which helps fund nationwide aging services such as congregate meals, caregiver support, community-based assistance, preventative health services, elder abuse prevention and many more. This initiative is celebrated every May and this year for its 50<sup>th</sup> Anniversary the focus is on older adults taking charge of their health, getting engaged in their communities and making a positive impact on the lives of others.

Taking charge of one's health can seem like a daunting task. Through Stanford University's evidence-based workshop, Chronic Disease Self-Management (CDSMP) there are many tools to help a person manage the day to day challenges of living with one or more on-going health condition. The self-management tasks include taking care of a health condition, carrying out normal activities and managing emotional changes. Taking care of the health condition means taking medications correctly, staying active, going to health care appointments and watching what you eat. It is important to stay informed about your health status by asking questions and reading information. If there are multiple doctors involved in your care it is vital to be able to explain the information from one provider to the next. Carrying out normal activities helps to keep your body moving and your mind working as you do the things you enjoy. Sometimes there are modifications that need to be made in order to continue these activities such as using a garden stool instead of getting down on your knees or having prepared dinners in the freezer for a healthier choice. Managing emotional changes can be a difficult task when going through health changes. As people age their bodies go through many changes and that can affect emotions as well. Anger and frustration can come about a lot faster because tasks are not as easy as they once were. There are changes in expectations and goals, but being aware of these changes and the emotions that go along with them will help to manage them better.

Another tool of the CDSMP is physical activity. The theme of the month, "Get into the Act" encourages older adults to get up and move in order to promote a healthier lifestyle. There are numerous benefits to staying physically active. The benefits include having a strong cardiovascular system (heart, lungs and blood vessels), good muscle strength, better sleep, less pain, better function, less anxiety and depression. Staying active every day can help you accomplish the activities you enjoy. The three types of physical activities that are recommended are:

- Flexibility: stretching and loosening of the muscles.
- Strengthening: making your muscles work hard or go against resistance.
- Endurance/aerobic: activities that work your cardiovascular system such as walking or swimming.

All of these types of physical activity are recommended to you despite your health condition. Flexibility exercises are recommended as a warm up or a cool down to an exercise program for approximately 10 minutes. Strengthening exercises are recommended to do 2-3 days a week. You can choose 8-10 exercises that put your muscles to work. It is important to start with no weight or little weight and then increase as you build strength. Endurance or aerobic exercise is recommended daily for 30 minutes. All of the recommended amounts of exercise are simply a goal to work toward. Everyone should start slow and small and then work toward building the time and intensity of the exercises. It is important to speak to your healthcare provider before starting or changing any exercise program.

Whether you have an ongoing health condition or not these tools can help you to improve your quality of life and to be involved with your health as you take care of yourself. So Get into the Act and take control!

To learn more about Older American's Month visit [acl.gov/olderamericansmonth](http://acl.gov/olderamericansmonth).

To learn more about Chronic-Disease Self-Management contact Kelsey Spotts at 781-586-8530.

*Kelsey Spotts*

*Healthy Living Program Community Coordinator*

# Spring

T L E M W O N S S S A R G L A  
 G C Y C L A M E N S A L I L P  
 G N G R O W T H R L L L L R S  
 O Y I I D L S A R A I E S N N  
 L A L N K A I E B E R R O H E  
 F M L O A N F E S G M I P W W  
 E N A E E E S F I U L R R A L  
 I O B Q R A L E O E C S A B E  
 R S T U B E S C D D F O S W A  
 I A F I G R N N G L I N R H V  
 S E O N N R A E O N I L C C E  
 E S S O I D E W W B I R S B S  
 S I N X R G E E O A A R M E G  
 A Y F L P R O R N M L W P E O  
 E T E W S S P I L U T R S S R  
 R E T S A E P L A N T I N G F

ALLERGIES  
 APRIL  
 BASEBALL  
 BEES  
 CROCUSES  
 CYCLAMENS  
 DAFFODILS  
 DANDELIONS  
 EASTER  
 EQUINOX  
 FLOWERS

FROGS  
 GOLF  
 GRASS  
 GREEN  
 GROWTH  
 IRISES  
 LILIES  
 MARCH  
 MAY  
 NEW LEAVES  
 PLANTING

RAIN  
 RENEWAL  
 ROBINS  
 SEASON  
 SNOWMELT  
 SOFTBALL  
 SPRING BREAK  
 SPRING CLEANING  
 TULIPS  
 WARMER  
 WET



## In Memory of Pauline Bacon...

**Pauline was not only our friend and colleague, she was a brilliant talented artist. She taught painting classes here at the center for over 18 years.**

"I've always wanted to learn how to paint with oils" was a passing comment Pauline made to her husband while enjoying a window display of oil paintings by local artists. After a few weeks, she was enrolled in an oil painting class at the Lynn YMCA then taught by Veronica Lupsewicz.

Her art education continued with many New England and Internationally known artists such as Helen Van Wyk, Michael Stoffa, Bob Benham, and others.

Eventually Pauline returned to the Lynn 'Y' as a student of Carl Mutti. When he resigned as teacher, he recommended her for his replacement where she taught 18 years.

Then Pauline was attracted to watercolor. She says she felt like an art 'junkie' fascinated by a new medium and 'plunged in' studying with Margaret Laurie, Kevin Dadoly, Ferdinand Petrie, Carlton Plummer, Tom Lynch and others.

Approximately 18 years ago, Pauline began teaching at the Greater Lynn and Lynnfield Senior Centers.

Pauline was one of three founders of the Greater Lynn Arts and Crafts Society in 1985 (currently Treasurer), a member of the Lynnfield Art Guild (President for 5 terms) and also a member of the Danvers, Peabody, Swampscott, Winthrop, Newburyport and Mount Washington Valley Art Associations.

Pauline has participated in many group exhibits and her work has been featured in numerous 'one man' shows across New England. She has received over 50 awards including **Best in Show** and the **Grumbacher Award**. Reviews of her work have been featured in the Lynn Daily Evening Item and the Gloucester Times.

Pauline credits her success to the unwavering support and encouragement of her late husband, Earl Bacon. "You can do it" goes a long way.

## May is Older Americans Month

### History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Please join us for a day of fun and festivities! Friday, May 29<sup>th</sup>

Live entertainment- Bill Foley -Game Room- 12 pm – 1pm

Dance! Dance! Dance!- 10 am – 11 am Stasi on the dance floor

Balloon Trivia 11 am chance game with prizes!

Bingo- Cover all game \$50

**IN LOVING MEMORY**

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation  
~ Sophie Karampoulis

In loving memory of my brother, Arthur Warren  
~ Ethel Forse

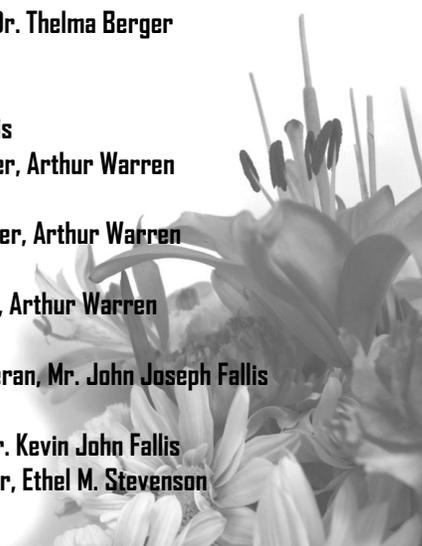
In loving memory of my brother, Arthur Warren  
~Hazel Reinholm

In loving memory of my friend, Arthur Warren  
~Cindy LeBlanc

In loving memory of WWII Veteran, Mr. John Joseph Fallis  
And Mr. Edward Androlewicz

~son and Godson, Mr. Kevin John Fallis

In loving memory of my mother, Ethel M. Stevenson  
~Carol A. Stevenson



**DEDUCTIBLE DONATION**

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



# WELLNESS OFFERINGS

## BLOOD SUGAR & BLOOD PRESSURE

May 12th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.



## PODIATRIST

May 21st & June 11th



10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

## HEARING CLINIC

May 5th

10:00 am—11:00 am



## MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

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